



FREE FROM CYBERVIOLENCE PROGRAM FOR YOUTH WORKERS, TRAINERS AND TEACHERS WORKING WITH YOUTH AND ORGANIZATIONS ON THE SUBJECT OF CYBER VIOLENCE

Content

Introduction to the FFCV Program.....	3
Introduction to the CyberViolence problem.....	4
Goals of the program FFCV	6
The methodology goals	6
For Module 1	6

For Module 2	6
For Module 3	7
For Module 4	7
Modules division	8
Module 1	8
Module 2	8
Module 3	9
Module 4	9
Scenarios division	10
Attachments	11
Certificates	11
For organizations participated in the FFCV program	11
For participants participated in the FFCV program	12
Evaluation forms	13
For participants of the FFCV trainings	13
For trainers of the FFCV trainings	14
For future trainers of the FFCV trainings	15

Introduction to the FFCV Program

Cyber Violence is a real problem of present days. As the virtual world and internet are vastly popular, the violence in the network appears more often and more brutally.

The Program Free From Cyber Violence is a program of Institute of New Technologies together with three partners implements the Program Free From Cyber Violence as part of the Erasmus+ program.

With our partners we prepared the FFCV Program. It includes 2 main outcomes (the intellectual outputs 3 and 5): Methodology toolkit for training trainers (sample set of scenarios, base of knowledge, course/workshops) and Packet for FFCV trainers of youth (handbook for those working with young people, set of scenarios, interactive game, comics). The 3rd product of our cooperation is a brochure for parents or carers – it also touches problem of Cyber Violence.

The Program is designed as 6 day training consisting of 48 hours. During workshops the trainers can learn how to work with youth in the FFCV program and they will get the tools that can enable them to work with youth on the cyber violence topic.

The trainers will get bunch of materials, scenarios, handbooks, activities and the FFCV Certificates - for them finally (after practical individual work) and their organizations (after

The implementation of FFCV Program will allow to grow youth awareness of the problem, sensitivity to CV, motivation to get rid of indifference in relation to CV and it will be a great way of dissemination of the problem for youth, schools, youth workers, parents.

Introduction to the CyberViolence problem

We live in a time when everyone, even the youngest child, has access to the Internet. Lack of interest on the part of parents and appropriate education in this area means that younger children are perpetrators or victims of cyberbullying. Despite many warning campaigns, few people know what cyberbullying is and what forms it can take.

Cyberbullying, cybermobbing, electronic aggression ... so many words refer to one phenomenon. What exactly cyber violence is? According to the definition, cyber violence is persecution, intimidation, harassment, ridiculing other people using the Internet or other forms of electronic contact, eg SMS. The scope of activities of cybercriminals is growing year by year. In the past, cyberbullying was limited to hacking e-mail or other electronic communicators in order to make compromising content public or sending discrediting messages, and now cyberbullying is also constructing ridiculing and humiliating websites, encouraging to send and publicizing erotic pictures, collecting information about for the purpose of intimidation, identity theft, impersonating others, encouraging others to attempt suicide, watching and promoting pathological content (alcohol libations, drug use, violence against others, lack of tolerance, breaking the law, etc.), hating, diss, etc.

Because more and more people are becoming a victim, and at the same time applying to someone cyberbullying the question arises where does aggression on the Internet originate, what is the basis of it, what causes that so many people decide to use it? Undoubtedly, people give vent to their negative emotions on the Internet much more often than in real life, because they feel there anonymous and unpunished. This false sense of anonymity and impunity can be justified by the fact that few people choose to fight, report or react to violence on the Internet; we can talk about social acceptance for this kind of activity. Some specialists assume that the reason for using violence in the network is the so-called "Online effect of disinhibition". It consists of getting rid of the moral brakes that guide our lives in the real, non-offline world. The disinhibition can have a positive overtone (when,

for example, a shy person thanks to the opportunity to express himself/herself) or negative (when it manifests itself in Internet violence, greater ease of offending other people and using different forms of aggression against them).

Knowing what cyberbullying is, it is worth considering how you can defend yourself against it. It is worth to make people aware of the importance of privacy protection and the negative effects of publishing everything on the internet. This is not only about the limited provision of personal data to strangers, but also through the use of various types of security, antivirus and antispyware programs. It is also important to avoid situations in which we get into quarrels or exchange insults.

In summary, cyberviolence is an increasingly noticeable phenomenon. It is caused by technological development that takes place in the world, progressive globalization, the growing importance of the internet in human life. Cyberbullying can in no way be explained or expressed in silent consent. Our task is to make people aware of its negative effects, how to defend against it. The most important thing is to sensitize the society so that it does not go beyond the problem. Wanting to live in a safe world, wanting to create a safe world for our children, we must be able to react and talk about problems.

Goals of the program FFCV

The main goal of the FFCV Program is the growth of knowledge and awareness about the problem of cyberbullying among young people, youth workers, teachers and parents. Among the youth, the problem is the lack of awareness of online threats, the lack of opportunities and the ability to respond to cyberbullying. Among the youth workers and teachers the problem is the lack of tools and methodologies for working with this topic, education and methods.

The Program goal is also improving the quality and relevance of education, through the development of new and innovative approaches (new scenarios for youth workshops, thematic comics, competitions, testing of these products, implementation). The Program helps to develop actions to prevent cyberbullying, it provides diverse materials, a handbook and other resources for youth workers/educators.

The methodology goals

For Module 1

- to help trainees understand the definition of a cyber violence, bully and bullying.
- to teach trainees about the negative effects of bullying.
- to teach trainees what to do in situations of bullying.
- to give trainees a chance to think through ways to solve problems

For Module 2

- to develop understanding of cyber bullying, implications of being cyber bullied, Ways to use technology safely to prevent cyber bullying and dealing with cyber bullying
- to cultivate socio-emotional learning skills among students, it seems vital to increasingly consider one often-neglected component: resilience.
- to train students to be more resilient, so that they can better handle and respond to bullying, cyber bullying, and other forms of mistreatment

For Module 3

- to develop understanding of cyber violence and bullying, implications of being cyber bullied, ways to use technology safely to prevent cyber bullying and dealing with cyber bullying
- to train students to be more resilient, so that they can better handle and respond to bullying, cyber bullying, and other forms of mistreatment
- to develop concepts related to health promotion and safe online
- to analyse the influence of family, peers, culture, media, technology, and other factors on cyber bullying.
- to demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- to identify strategies to prevent or reduce bullying
- to act out a bullying situation and pick a role

For Module 4

- Development of communication skills in people starting work with youth.
- Acquiring knowledge about communication barriers and the ability to identify and counteract them.
- More effective work with young people and strengthening their communication skills as a result of the knowledge and skills gained during the workshops
- Development of problems' creative solving skills
- Development of skills connected with a group work
- Acquiring knowledge about the group process and roles in the group
- Acquiring the ability to use tools useful for working with a group
- Development of skills related to time management
- Acquisition of knowledge on methods of task management, facilitating better organization of time.

Modules division

The program FFCV consists of modules that touch different aspects of Cyber Violence (CV) and environment connected with this problem.

Module 1

In the first Module there is an introduction to CV, information about CV/cyberbullying, characteristics of the phenomenon of cyberbullying, types of cyberbullying, scale of the problem in the world and in all Europe countries, where it is most common, statistics, results of research, legal regulations applicable to Europe and partners countries (each Partner will prepare min. one page of legal matters of their country).

Sections in this module contain case studies, recommendations, practical advices, best practices, and in additional materials the trainers can find detailed scenarios of workshops, learning activities, exercises, diagnostic questions, etc.

Module 2

In this Module there are described types of CV related to age, methods, channels of reaching, reactions, theoretical examples of cyberbullying situations that may affect young people with the described appropriate methods of response. There is a schema of operation, to deal with difficult situations. Categorization into groups: according to age, sex, place of living (city, village). In the materials supplied in other materials there are scenarios of workshops, activities, cases, suggested solutions and practical advices.

Module 3

Prevention - Solutions/Remedies/Responses

This part is focused on the topics: how to prevent, how to react, how to defend ourselves and others, how to support youth and how to get support from the closest ones (family and friends). The role of the environment, social approach, media and public opinion are described.

Lists of institutions that can provide support, supporting programs, social campaigns are presented. Best practices, case studies, recommendations, exercises and suggested scenarios are included in the packet of materials.

Module 4

As the youth workers without the earlier experience are the participants of the program, there is a module concerning general teaching methods and rules, training youth, communication in youth teaching, rules of teaching personal skills, etc. It can help and support people who just start working with youth and want to develop with youth the program FFCV. The offered topics include: communication with youth, team working, time management etc. There is a set of scenarios connected with these topics.

Scenarios division

(Module 1)

1. Phenomenon of Bullying as a form of Violence – 8 hours

(Modul 2)

2. Tackle with Cyberbullying – 8 hours

(Modul 3)

3. Prevention of Cyberbullying and

Cyberbullying impacts young people's real lives - 8 hours

4. Cyber-safe youth; Cyberbullying Prevention – 8 hours

(Module 4)

5. Communication in work with young people – 8 hours

6. Creative thinking in work with young people – 8 hours

7. Team work – 8 hours

8. Time management – 8 hours

Attachments

Certificates

For organizations participated in the FFCV program



CERTIFICATE

for

.....
participated in the project *Cyber Violence* organized
by *Institute of New Technologies Association*
on
and received the title

**FREE FROM CYBER VIOLENCE
ORGANIZATION**

Date



For participants participated in the FFCV program



CERTIFICATE

.....

participated in the Cyberviolence Course

(48 hours of training)

organized by Institute of New Technologies
Association

as a part of the project "CYBER VIOLENCE"



Date
.....

Evaluation forms

For participants of the FFCV trainings

EVALUATION FORM – participants of the training

Training title	Free From CyberViolence – training for trainers
City	
Date	

Please fill in the questionnaire according to the rating scale below, where 5 is the highest, 1 is the lowest:

I. Assessment of the training:

Criteria	Grading scale				
	Select the proper square				
Program of the training	5	4	3	2	1
Methods of the training	5	4	3	2	1
The atmosphere during the training	5	4	3	2	1
Level of training usefulness for further work	5	4	3	2	1
Trainer's preparation	5	4	3	2	1
The content of the training was well organized and easy to follow	5	4	3	2	1
The training objectives were clearly defined	5	4	3	2	1

1. Do you think that the training will influence your future behavior in the Internet?

.....

2. Which topics were the most useful for you, and which of them will you definitely use?

.....

3. Which of the topics were the least useful for you?

.....

4. Which of the topics, which haven't been included in the training, should be added to the content of the training?

.....

II. Evaluation of the training materials

Criteria	Grading scale				
	Select the proper square				
1. Substantive content	5	4	3	2	1
2. Accessibility of the information	5	4	3	2	1

3. Clarity of the content	5	4	3	2	1
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III. Organization of the training

Criteria	Grading scale				
	Select the proper square				
How do you rate the organization of the training (lecture room, catering)	5	4	3	2	1
Was the duration of the training appropriate	5	4	3	2	1

1. Were the training objectives met?

Yes No

2. Your comments and suggestions

.....

For trainers of the FFCV trainings
EVALUATION FORM - trainers

Training title	Free From CyberViolence – training for trainers
City	
Date	

Please fill in the questionnaire according to the rating scale below, where 5 is the highest, 1 is the lowest:

I. Assessment of the training:

Criteria	Grading scale				
	Select the proper square				
Involvement of participants	5	4	3	2	1
The atmosphere during the training	5	4	3	2	1

1. Do you think that after the training the participants are able to deliver their own trainings on the topic of cyber violence? Please explain why.

.....

2. Which of the topics, which haven't been included in the training, should be added to the content of the training?

.....

3. Do you think that some topics should be added or eliminated? Please explain which topics and why?

.....

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4. Is the flexibility of the program (connected with choosing the topics for your own workshops) good for you? Or does it bring confusion?

.....

5. What kind of difficulties did you meet while working with youth?

.....

II. Evaluation of the training materials

Criteria	Grading scale				
	Select the proper square				
Substantive content	5	4	3	2	1
Accessibility of the information	5	4	3	2	1
Clarity of the content	5	4	3	2	1
Usefulness for further training work	5	4	3	2	1
Division of topics	5	4	3	2	1

III. Organization of the training

Criteria	Grading scale				
	Select the proper square				
How do you rate the organization of the training (lecture room, catering)	5	4	3	2	1
Was the duration of the training appropriate	5	4	3	2	1

1. Was the division between theoretical and practical parts appropriate?

Yes No

2. Do you think that flexibility of topic selection is an added value to the course?

Yes No

3. Your comments and suggestions

.....

For future trainers of the FFCV trainings

**EVALUATION FORM – participants
(future trainers)**

Training title	Free From CyberViolence – training for trainers
City	

Date	
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Please fill in the questionnaire according to the rating scale below, where 5 is the highest, 1 is the lowest:

I. Assessment of the training:

Criteria	Grading scale				
	Select the proper square				
Program of the training	5	4	3	2	1
Methods of the training	5	4	3	2	1
The atmosphere during the training	5	4	3	2	1
Level of training usefulness for further work	5	4	3	2	1
Trainer's preparation	5	4	3	2	1
The content of the training was well organized and easy to follow	5	4	3	2	1
The training objectives were clearly defined	5	4	3	2	1

1. Do you think that after the training you are able to deliver your own training on the topic of cyber violence? Please explain why

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2. Which topics were the most useful for you, and which of them will you definitely use?

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3. Which of the topics were the least useful for you?

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4. Which of the topics, which haven't been included in the training, should be added to the content of the training?

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5. Do you think that some topics should be added or eliminated? Please explain which topics and why?

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6. Is the flexibility of the program (connected with choosing the topics for your own workshops) good for you?

.....

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7. What kind of difficulties did you meet while working with youth?

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.....

II. Evaluation of the training materials

Criteria	Grading scale				
	Select the proper square				
Substantive content	5	4	3	2	1
Accessibility of the information	5	4	3	2	1
Clarity of the content	5	4	3	2	1
Usefulness for further work	5	4	3	2	1

III. Organization of the training

Criteria	Grading scale				
	Select the proper square				
How do you rate the organization of the training (lecture room, catering)	5	4	3	2	1
Was the duration of the training appropriate	5	4	3	2	1

1. Were the training objectives met?

Yes No

2. Was the division between theoretical and practical parts appropriate?

Yes No

3. Do you think that flexibility of topic selection is an added value to the course?

Yes No

4. Your comments and suggestions

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